

MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

➤ **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

➤ **NUTRITION EDUCATION:** Counseling and nutrition education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.

➤ **HEALTH SUPPORT ACTIVITIES:**

The following classes are provided by the Miami Springs Adult & Community School and Instructed by Natasha Salmon-Cogno, Personal Trainer and Certified Yoga Instructor:

▪ **CHAIR YOGA CLASSES**

Mondays and Wednesdays
9:00--10:30 a.m.

Classes will be held at the Senior Center.

▪ **"LET'S DANCE!" CLASSES**

Mondays and Wednesdays
10:30 --11:00 a.m.

Classes will be held at the Senior Center.

▪ **WEIGHT TRAINING CLASSES**

Tuesdays and Thursdays
9:00--9:30 a.m.

Classes will be held at the Curtiss Mansion.

▪ **FLOOR YOGA CLASSES**

Tuesdays and Thursdays
9:30 --11:00 a.m.

Classes will be held at the Curtiss Mansion.

▪ **"CELEBRATION" WORKOUT CLASS**

Fridays
9:00 --11:00 a.m.

Class will be held at the Senior Center.

➤ **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying packages. Field trips to area stores and other places of interest are planned each month.

➤ **RECREATION:** Recreational and social activities planned for December include: Bingo games (1/5, 1/12, 1/21 and 1/26); the MS/VG Senior Citizens' Club meeting (1/7); a rummage sale (1/13), and the monthly birthday and anniversary party (1/15).

RUMMAGE SALE

Fundraiser for the Miami Springs--
Virginia Gardens Senior Citizens' Club:

Tuesday, January 13th

12:15 P.M.--1:30 P.M.

(All proceeds go to the Club)



Beginning February 3rd, the Miami Springs Senior Center and AARP Tax Aide Program will be providing **FREE INCOME TAX PREPARATION ASSISTANCE** every **TUESDAY AFTERNOON**. **SCHEDULE YOUR APPOINTMENT NOW!**



EDUCATIONAL PROGRAMS SCHEDULED FOR JANUARY:

"10 SIGNS: EARLY DETECTION

MATTERS" -- On 1/14 at 12:15 p.m., the Alzheimer's Association of SE Florida and the Alliance for Aging, Inc. will sponsor a presentation on this topic.

"POISON AWARENESS" - Maritza Lopez from Catholic Hospice will provide important information on poison awareness on 1/20 at 12:15 p.m.

FREE BLOOD PRESSURE SCREENING --

The Miami-Dade Health Department will offer a free screening for hypertension and provide individual counseling on 1/22 from 10:00 -- 11:30 a.m.

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will conduct the monthly Crime Watch Meeting at the senior center on 1/27 at 12:15 p.m.

FREE TELEPHONES FOR THE HEARING

IMPAIRED -- On 1/28 from 11:00 a.m.--1:00 p.m., a representative from the Hearing and Speech Center of Florida will be at the City's senior center to distribute AMPLIFIED TELEPHONES at no charge to those with verification of hearing loss and proof of Florida residency.

FIELD TRIP

❖ **SHOPPING at WALMART**

Thursday, 1/8 1:15 -- 4:30 p.m.

--Trips limited to 16 participants--



--The Florida Division of Driver's Licenses will be available at the City's COMMUNITY CENTER on **Wednesday, January 21st**, from 9:30 am--2:30 pm. to renew **FLORIDA DRIVER'S LICENSES & State ID CARDS**. Check with the Community Policing Office or visit www.GatherGoGet.com for information on the required documentation.

FOR FURTHER INFORMATION
on any of the services and activities
offered by the
City's Elderly Services Department,
please **CALL US!**



(305) 805-5160



CELEBRATING BIRTHDAYS:

Providencia (Chilia) A.....	2
Jamie F.....	5
Jesus V.....	5
Gail K.....	9
Jacqueline R.....	13
Sandra de J.....	14
Emil L.....	15
Elio de M.....	17
Graciela F.....	17
Barbara K.....	19
Luisa M.....	19
Ciro L.....	24
Robert M.....	24
Mary C.....	25
Julie C.....	29
Walter G.....	31



Monday, 1/5
Monday, 1/12
Wednesday, 1/21
Monday, 1/26

"SILVER SURFERS" FREE BASIC & INTERMEDIATE LEVEL COMPUTER CLASSES FOR OLDER ADULTS



LEARN HOW TO:

- learn new skills and improve existing ones
- apply online for benefits
- talk to old friends and make new ones
- watch your favorite videos and movies on your computer
- access resources on a variety of topics and interests

STUDENTS PRACTICE ON COMPUTERS!!

CALL (305) 805-5160

to get more information and to register for an upcoming course. Classes are sponsored by S.T.E.P.S. in the Right Direction and the Alliance for Aging, Inc.

REMINDER!



The Miami Springs Senior Center
will be **CLOSED ON:**

- THURSDAY, JANUARY 1ST
- MONDAY JANUARY 19TH